

MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

Recreation (Health, Wellness and Fitness)

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This is a project of the Montgomery County Commission on People with Disabilities. To submit an update, add or remove a listing, or request an alternative format, please contact: MCCPWD@montgomerycountymd.gov, 240-777-1246 (V), MD Relay 711.

Recreation Center Fitness Passes will be FREE in 2023 - Montgomery County Recreation fitness passes will be free for Montgomery County residents in 2023. Starting Jan. 3, 2023, the [free pass](#) will provide access to fully equipped fitness rooms, open gym (drop-in) activities and game rooms at any recreation center during regularly scheduled hours.

Access Maryland: State Park Pass for Persons with Disabilities - Maryland Department of Natural Resources - Universal Disability Pass

160 Harry S. Truman Parkway
Annapolis, MD 21401

410-260-3220 (V)

1-877-620-8367 (Toll Free)

<http://dnr.maryland.gov/publiclands/pages/udpfqa.aspx> The

Universal Disability Pass is a free lifetime pass that does not require renewal. The Universal Disability Pass permits the holder and one other person free entrance to day-use facilities at Maryland State Parks and Forests, where there are service fees associated with entrance.

This Pass does not cover automated gate entrance systems or service charges in the park such as camping, boat launch, rentals, bus parking, other concessions or special charges. Identification may be requested when the Pass is presented. In addition to entrance into a Maryland State Park or Forest, the pass also allows those individuals who possess a valid hunting license to hunt from a vehicle in accordance with regulations.

Accessible Journeys

1-800-846-4537 (Toll Free)

E-mail: sales@accessiblejourneys.com

www.accessiblejourneys.com

Accessible lifestyle vacations for slow walkers, wheelchair travelers, their families and friends.

Assistance with vacation planning, group tours, group cruises, and individual cruises. Provide licensed travel companions and disability travel resources.

Adaptive Sports USA

Eastern Regional Point Organization

E-mail: bayonetpointengine@gmail.com

<http://adaptivesportsusa.org>

Organized geographically into three regional associations, each responsible for developing local wheelchair sports programs. Sports include archery, athletics/track and field, shooting, swimming, table tennis, basketball, billiards and weightlifting.

ArtStream

8401 Connecticut Avenue, Suite 1230

Chevy Chase, MD 20815

301-565-4567 (V)

www.art-stream.org

Feature adult actors with intellectual and developmental disabilities, including Autism, and other social and behavioral needs. Inclusive drama and social skills classes, inclusive theatre companies, and cabaret. Class subjects may include comedy, music theatre, improv, public speaking, role-play, party dancing, and social skills.

Autism On The Seas

1-800-516-5247 (Toll Free)

E-mail: info@autismontheseas.com

www.autismontheseas.com

Service the cruising travel needs of families and individuals faced with Autism and Asperger Syndrome, and all Cognitive, Intellectual and Developmental Disabilities as well as (but not limited to) Cerebral Palsy and Down Syndrome. Provide "Individual Autism Cruise Services" for those individuals and families who wish to cruise on any date or ship of their choice on Royal Caribbean, Celebrity, NCL, Carnival, Princess or Disney. Financial Assistance is awarded in varying amounts to immediate family members only, Parents/Guardian's, qualifying children/adults and their siblings.

Baltimore Adapted Recreation & Sports (BARS)

478-227-7386 (V)

www.barsinfo.org

Non-profit organization that hosts different sporting and recreational events throughout Maryland for individuals with physical and developmental disabilities. Events include camping, water skiing, sailing, canoeing, cycling, wheelchair tennis, sea kayaking, snow skiing, rock climbing, skeet shooting, white water rafting, bowling and social events. Local chapter of Disabled Sports/USA.

Bender Jewish Community Center of

Greater Washington

6125 Montrose Road
Rockville, MD 20852
301-881-0100 (V)

www.benderjccgw.org/camp-youth-teens/special-needs/

Adapted physical education classes where participants with special needs learn the basic skills of a variety of sports such as baseball, basketball, soccer, floor hockey, tennis and bowling. See more listed under “Day and Summer Camps” for more information.

Gudelsky Exceptional Swim: A swim program for children, teens and adults with physical, orthopedic related disabilities. Professional staff members (a coordinator, physical therapist, three adaptive aquatics instructors) and volunteers work with participants. Individuals interested in participating must complete medical forms to apply. For more information or to apply, contact Elon Walter at situbuw@aol.com.

Boy Scouts of America - National Capital Area Council

Marriott Scout Service Center
9190 Rockville Pike
Bethesda, MD 20814
301-530-9360 (V)

www.ncacbsa.org

Cub Scouting is a year-round program designed to meet the needs of young boys ages 7 to 10 and their families. The program offers fun and challenging activities that promote character development and physical fitness. Boy Scouts is an outdoor program designed to develop character, citizenship, and fitness for boys ages 11 to 17. Units in the area are always open to children and young men with physical, mental and emotional disabilities. These units are completely funded, organized and run by volunteer leaders who can help – along with local Scouting professionals – find a suitable unit and possible mentor in that unit for your child. Scouts with disabilities and special needs participate in the same program as their peers.

Boys & Girls Clubs of Greater Washington

Germantown Branch

19910 Frederick Road
Germantown, MD 20876
301-353-9600 (V)

E-mail: pmcmanus@bgcgw.org

www.bgcgw.org/clubs/germantown

Serve the Germantown, Gaithersburg, and Clarksburg community, ages 5 to 18 (K – 12th grade). Provide sports, fitness, health and life skills, early intervention, educational, character-building, and recreational and supportive services to youth and families. The facilities include a Learning Center, Arts & Crafts Room, Technology Lab, Health & Life Skills Room, Games Room, Gymnasium, and Teen Center.

Catholic Charities - Community Companions

1010 Grandin Avenue
Rockville, MD 20851
301-251-2860 x 604 (V)

www.catholiccharitiesdc.org/CommunityCompanions

Provide services to children and youth with developmental disabilities.

After School Program: From school dismissal to 6:00 p.m., students ages six to 21 engage in social, therapeutic and recreational activities such as arts and crafts, music, computers and outdoor games. Program vans take students on field trips, and a snack is provided. Accept Autism Waiver and Developmental Disabilities Administration funding, and private payment. Also offer respite and summer camps.

Respite Camps: Respite Camps operate on days when Montgomery County schools are closed, including winter and spring breaks, from 8:00 a.m. to 6:00 p.m. Each camp session is customized to meet the needs of participants. Daily and weekly rates are available. Autism Waiver funding, Maryland Developmental Disabilities funding and private payment are accepted.

Summer Camps: Following Montgomery County Public School ESY summer schedule, our summer camps include trips to museums and parks, outdoor games, musical shows and much more! Autism Waiver funding, Maryland Developmental Disabilities funding and private payment are accepted.

Chesapeake Region Accessible Boating (C.R.A.B.)

177 Defense Highway, Suite 9
Annapolis, MD 21401
410-266-5722 (V)

E-mail: info@crabsailing.org

<https://crabsailing.org>

Non-profit organization offering adaptive boating experiences to people with disabilities through sailing programs for children, families and the elderly. Offer Family Sail Sundays, group sails, sailing camps and clinics, and regattas. Reservations are recommended.

CHI Centers

10501 New Hampshire Avenue
Silver Spring, MD 20903
301-439-4330 (V)

E-mail: info@chicenters.org

www.chicenters.org

Recreation opportunities through their Day Supports program. supports individuals with intellectual and other developmental disabilities

Circle of Hope Therapeutic Riding, Inc.

Pleasant View Farm
22500 West Harris Road
Barnesville, MD 20838
301-873-3383 (V)
E-mail: info@chtr.org
www.chtr.org

provide equine assisted activities and therapies (EAAT) for individuals with physical, mental, emotional and developmental disabilities to enhance their quality of life. Equine-facilitated approach incorporates cognitive, behavioral, psychological, and physical goals to increase self-confidence, self-esteem, physical independence, and social awareness. Financial assistance available on a limited basis.

City of Gaithersburg - Parks, Recreation and Culture

506 S. Frederick Avenue
Gaithersburg, MD 20877
301-258-6350 (V)
E-mail: parksrec@gaithersburgmd.gov
www.gaithersburgmd.gov

Accessible pools. A variety of classes and programs are available for competitive play as well as the development of life-time skills. Senior and youth services.

Club1111 – The League of People with Disabilities

1111 East Cold Spring Lane
Baltimore, MD 21239
410-323-0500 ext 311 (V)
www.leagueforpeople.org/club1111

Dance and social club for people with disabilities. Cost is \$10.00 per person. Guests must be at least 18 years old, independent or with a caregiver, who can attend for free. Alcohol free. Held the 2nd Saturday of every month.

Community Support Services

9075 Comprint Court
Gaithersburg, MD 20877
301-926-2300 (V)
E-mail: css@css-md.org
<https://www.css-md.org/adult-recreational>

The Therapeutic Recreation Department (TRD) at CSS chooses recreational and social activities designed to integrate our individuals into the community and to enhance their overall quality of life. Weekday evening program includes social and leisure activities, such as art, music, bowling and sports. Sunday program may include outings to Black Hills Regional Park, Six Flags Amusement Park and other day trips. TRD also plans special annual activities, such as the Ocean City beach vacation; CSS Olympics (adults and children); Family Picnic; Fall Festival; and holiday banquets.

Disability Partnerships – Adaptive Health and Wellness Classes

www.disabilitypartnerships.org/programs/adaptive-wellness

Disability Partnerships, in a grant funded by Adventist HealthCare Community Partnership Fund, is launching a free, innovative Adaptive Health and Wellness class for persons with physical disabilities. The class will feature a personal trainer with experience training persons with limited to no mobility. Participants will engage in low to moderate intensity workouts targeting muscular strength, flexibility, and range of motion. Sessions are held online via Zoom. Register via website.

Disabled Sports USA

451 Hungerford Drive, Suite 608
Rockville, MD 20850
301-217-0960 (V)
E-mail: info@dsusa.org
www.disabledsportsusa.org

Provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation and educational programs. Disabilities include those with visual impairments, amputations, spinal cord injury, multiple sclerosis, head injury, cerebral palsy, other neuromuscular/orthopedic conditions, autism and related intellectual disabilities. Offer over 40 different sports including alpine and Nordic skiing, snowboarding, biathlon, kayaking, water skiing, sailing, scuba, surfing, rafting, outrigger canoeing, fishing, hiking, golf, athletics, archery, cycling, running/wheeling, rock climbing, equestrian, and others.

Downtown Sailing Center

1425 Key Highway, Suite 110
Baltimore, MD 21230
410-727-0722 (V)
E-mail: stuart@downtownsailing.org
www.downtownsailing.org

Committed to making sailing accessible to the entire community. Specialty adapted boats allow persons with disabilities to sail with a coach or independently. Youth and adult sailing programs and memberships available. Access-Ability is a free volunteer-run program that allows individuals with disabilities to learn to sail. Program meets one or two Saturdays each month from April to August. RSVP's required. At the end of each season, these participants are invited to the DSC for a party and fun regatta, the Ya'Gotta Regatta.

Dreams for Kids DC

301-742-7787 (V)

E-mail: Gfu@dreamsforkids.org

www.dreamsforkidsdc.org

Non-profit provides activities that empower children with physical and developmental disabilities to unite with their peers and realize their potential. Events are adaptive clinics held once or twice a month for children with disabilities aged 4 to 24. Through there events, those with physical and developmental disabilities can come off the sidelines and unite with their peers. Clinics include waterskiing, dance, football, ice hockey, soccer, basketball, and baseball.

Equine Therapy Associates

P. O. Box 59253

Potomac, MD 20859

301-972-7833 (V)

E-mail: director@equinetherapyassociates.com

www.equinetherapyassociates.com

Offers lessons for individuals aged three and up, and focuses primarily on learning disabilities, ADHD/ADD, sequencing and processing disorders, Autism, mild to moderate Cerebral Palsy, emotional disabilities, hearing impairments, mental retardation, Downs Syndrome, developmental delays, strokes, Fibromyalgia Syndrome, speech impairments, and visual impairments. Financial aid available. Free scholarships for wounded warriors.

Ex n' Flex

1-888-298-9922 (Toll Free)

E-mail: info@exnflex.com

<https://exnflex.com>

Motorized passive/active exercise therapy for people with disabilities. Potential benefits for para and quadriplegics include continuous range of motion, increased circulation/flexibility, and decreased spasm/edema. provide Daily Range of Motion for individuals who have little or no voluntary movement.

Eyre Bus, Tour & Travel

13600 Triadelphia Road

Glenelg, MD 21737

410-442-1330 (V)

1-800-321-3973 (Toll Free)

E-mail: eyre@eyre.com

www.eyre.com

Wheelchair accessible motorcoaches and full service travel agency. Leisure travel includes cruises, caribbean, family vacations, hotels, rail travel, car rentals, worldwide tour packages, airline ticketing, customized tours, and travel designed for the disabled. One day and multi-day trips available.

Great Strides

Terry Lewis, LCSW-C, Founder / Director

26771 Howard Chapel Drive

Damascus, MD 20872

301-253-1166 (V)

E-mail: info@greatstrides.org

www.greatstrides.org

Offer equine-assisted psychotherapy (individual and group) with licensed mental health professionals. Through specially designed interactive experiences that promote emotional healing, they build confidence, improve social skills, and help clients make positive changes in their lives.

Guided Tour, Inc.

215-782-1370 (V)

E-mail: director@guidedtour.com

www.guidedtour.com

Supervised travel and vacation program for persons ages 17 and up with developmental and physical disabilities. Trips include Disney World, Hawaii, Dollywood, Atlantic City, Ireland and Las Vegas. Staff will oversee daily living skills, medications, money management and help the travelers have a safe vacation.

Haven Universe

12208 Meadow Creek Court

Potomac, MD 20854

301-343-7283 (V)

E-mail: hu@havenuniverse.org

www.havenuniverse.org

Non-profit Christian organization that hosts social events for individuals of all ages, disabilities, faith backgrounds, their families/caregivers, and friends. Events include monthly "Saturday Night Alive" gatherings in a local Montgomery County gym-type facility providing a variety of adaptive and engaging "sports" and games, simple arts and crafts, and an optional Bible lesson – then closing with pizza. All are welcome.

Imagination Stage - Access & Inclusion

Scott Turner, Access Coordinator

4908 Auburn Avenue

Bethesda, MD 20814

301-280-1631 (Access Programs)

E-mail: sturner@imaginationstage.org

www.imaginationstage.org

Encourages children of all abilities to discover and develop their full creative potential through the performing arts. **Arts Access & Teen Workshops:** For students with cognitive/developmental disabilities. Class offer the same curriculum covered in general education classes. Higher student-teacher ratios.

Pegasus Ensemble: Two-year conservatory program for students with cognitive and/or developmental disabilities, providing the opportunity to further develop their theatre arts technique and life skills while working together as an ensemble.

interPLAY Company Band at Strathmore

Paula R. Moore, Artistic Director
301-229-0829 (V)
E-mail: paularmore@comcast.net
www.interplayband.org

Non-profit music organization of 67 adult musicians with and without cognitive and other disabilities: amateur musicians and professional musicians, high school seniors and university musicians as “Bandaides” (mentors), all performing together for the community in year-round concerts at the world-class Music Center at Strathmore. feature guest artists, composers and conductors playing all genres of musical also performs choral music, features vocal soloists and a drumming curriculum led by a world-class drum master.

Jewish Community Center of Greater Baltimore

Sara Rubinstein, Special Needs Coordinator
5700 Park Heights Avenue
Baltimore, MD 21215
410-559-3500 (V)

E-mail: srubinstein@jcc.org
www.jcc.org/inclusion-ability

Provide appropriate social and recreational programs for children, teens and adults with a range of disabilities.

KLAL for Every Season: For ages 14 to 16. A dynamic Sunday program focused on recreational, social, and creative experiences within the JCC community. Participants engage in art projects, cooking classes, sensory experiences, group games, and fitness activities. For an additional fee, everyone is invited to stay for an extra hour of swimming or ceramics.

Chaverim Club: For ages 18 and older. This weekly social group creates its own schedule of recreational and leisure time activities and programs, including arts and crafts, music, cooking, and holiday celebrations. This program is for adults who have mild to severe delays or other developmental and/or physical disabilities. *For more information see listing under “Day and Summer Camps”.*

Jubilee Association of Maryland

Reaching Out Program

Allison Bohn, Contact
10408 Montgomery Avenue
Kensington, MD 20895
301-949-8628 x120 (V)
E-mail: abohn@jubileemd.org
www.jubileemd.org/services/reaching-out-program

Designed to help young adults within the autism spectrum increase their independent living and social skills and develop long-lasting friendships. All classes are very engaging and help participants improve their skills in the areas of social thinking, fitness and health, creativity, and cooking.

Kennedy Center for the Performing Arts

Office for Accessibility
202-416-8727 (V)
E-mail: access@kennedy-center.org
www.kennedy-center.org/accessibility
Information on accessible events, performances, and facilities. Provide assistive listening devices, sign language interpreters, captioning, audio description, and Braille and large print programs.

Kennedy Shriver Aquatic Center

5900 Executive Boulevard,
N. Bethesda, MD 20852
240-777-8070 (V)
www.montgomerycountymd.gov/rec/facilities/aquaticcenters/kennedyshriver.html

Offer instruction for all ages and swimming abilities. Pool is completely accessible with ramps, elevators, therapeutic ladders and lifts. Fee.

Kids Enjoy Exercise Now (KEEN) Greater DC

P.O. Box 341590
Bethesda, MD 20827
301-770-3200 (V)
E-mail: info@keengreaterdc.org
www.keengreaterdc.org

National, nonprofit volunteer-led organization that provides one-to-one recreational opportunities for children and young adults ages 5 to 25 with developmental and physical disabilities at no cost to their families and caregivers. Activities include swim, sports, music, dance, tennis, tae kwon do, bowling and more. Peer companion program for teens. Serve Washington, DC, No. Virginia, and Montgomery County and Baltimore, Maryland.

**Klien’s Educational & Health Care Services
Therapeutic and Recreational Services**

13439 New Hampshire Avenue
Silver Spring, MD 20904
301-879-7980 (V)
E-mail: klienseducation@yahoo.com
www.kliensedu-hcs.com

Arts and crafts, computer skills, field trips, sports and games, therapeutic swimming, drum and piano lessons, horseback riding, community outings, speech and language, and more for individuals with Autism Spectrum Disorder and other related disorders.

**Maryland 4-H & Youth Development
University of Maryland Extension**

Cathy Yingling, Principal Administrative Assistant
18410 Muncaster Road
Derwood, MD 20855
E-mail: yingling@umd.edu
www.extension.umd.edu/montgomery-county
Offers a “learning by doing” experience in art and music; science and technology; animals and agriculture; communications; healthy living; history and heritage; citizenship; and community action and volunteering. For students ages 5 to 18. A special 4-H Clover program is available to children from five through seven years old. Open to all interested Montgomery County youth.

Maryland Sport Fishing and Crabbing Licenses

Maryland Department of Natural Resources

410-260-8367 (V)

1-877-620-8367 (Toll Free)

E-mail: customerservice.dnr@maryland.gov

http://dnr.maryland.gov/Pages/service_fishing_license.aspx

Complimentary tidal and non-tidal fishing licenses are available to Maryland residents and non-residents who are blind or who are 100% service connected disabled veterans or former prisoners of war.

Maryland Ravens Wheelchair Basketball

1413 Glendale Road

Baltimore, MD 21239

410-825-5359 (V)

E-mail: mdravens@aol.com

www.marylandravens.org

A competitive recreational program for of Maryland's adults and youths with physical disabilities. League basketball tournaments and adaptive recreation. Always seeking new basketball players who are interested in competing locally or nationally.

Maryland Youth Ballet

926 Ellsworth Drive

Silver Spring, MD 20910

301-608-2232 (V)

E-mail: info@marylandyouthballet.org

www.marylandyouthballet.org/outreach/music-and-motion

Therapeutic dance instruction to dancers with physical disabilities through its "Music and Motion" classes. An overhead track system allows each dancer to participate without the aid of a volunteer.

Mattie J.T. Stepanek Park

1800 Piccard Drive

Rockville, MD 20850

www.rockvillemd.gov/Facilities/Facility/Details/Mattie-JT-Stepanek-Park-37

26.29-acre accessible park located at the corner of Gaither Road and Piccard Drive in Rockville, ½ mile from Shady Grove Road and Gaithersburg.

MedStar National Rehabilitation Hospital

Adaptive Sports & Fitness Program

102 Irving Street, NW

Washington, DC 20010

202-877-1420 (V)

www.medstarnrh.org/our-services/adaptive-sports-fitness

Programs are open to anyone with a physical disability at no cost. Provide coaching, training, equipment and travel assistance in nine sports including basketball, bocchia ball, cycling, quad rugby, rowing, sled hockey, and tennis. Provide circuit training, open gym and cardio fitness classes both at the hospital and the community. Also host adaptive sports tournaments and special events throughout the year.

Melwood Recreation Center

9035 Ironsides Road

Nanjemoy, MD 20662

301-870-3226 (V)

E-mail: recreation@melwood.org

www.melwood.org/recreation/travel

Access Adventures provides year round, community-based, small group, affordable vacations to persons with disabilities 18 years and older. Travelers are supported by dedicated staff that provide a safe and caring atmosphere. The **Equestrian Program** is designed for riders of all ages and ability levels, including riders with special needs. Riders are provided with a mix of basic equitation and horsemanship skills. **Camp Accomplish** offers options for day and overnight camps, as well as several new specialty camp options. Activities and schedules are designed in a way to afford all campers extra time to spend doing what is most interesting and exciting to them. Coupled with a qualified and person-centered group of staff members.

Miracle League Baseball

17950 Germantown Park Drive

Germantown, MD 20874

E-mail: mlmcbb@gmail.com

www.miracleleaguemocomd.org

Located in South Germantown Recreational Park, the Miracle Field serves as the new home for the Miracle League of Montgomery County, which will provide children with mental and/or physical challenges the opportunity to safely play baseball. The field incorporates a cushioned synthetic turf that allows children using wheelchairs and walkers to "run" the bases without fear of injury.

Montgomery County Department of Parks

9500 Brunett Avenue

Silver Spring, MD 20901

301-495-2581 (V)

E-mail: programaccess@montgomeryparks.org

www.montgomeryparks.org

Classes, programs and camps, event and nature centers, public gardens, historical sites, playgrounds, athletic fields, lakes, and park and trail directory. The Program Access Office coordinates, provides and manages modifications and accommodations for individuals with disabilities to successfully be included in county-wide parks and leisure programs.

Montgomery County Recreation Department

2425 Reedie Drive, Floor 10

Wheaton, MD 20902

240-777-6840 (Customer Service)

E-mail: recreation.customerservice@montgomerycountymd.gov

www.montgomerycountymd.gov

www.montgomerycountymd.gov/rec

Offers a range of activities: swimming, social clubs, sports, music, arts, dance, camps, etc. Seasonal brochures are available. Registration required for all activities. Call for information about costs. The customer service desk located at the above address is open Monday through Friday, 9:30 a.m. to 4 p.m.

Therapeutic Recreation

240-777-6870 (V)

E-mail: recreation.customerservice@montgomerycountymd.gov

www.montgomerycountymd.gov

www.montgomerycountymd.gov/rec/activitiesandprograms/therapeuticrec/

Programs are specifically designed for individuals with disabilities and available to suit all ages, interests, and skill levels. Activities include swimming classes, craft classes, trips, camps, children's programs, special events, and varied offerings every season. Adult clubs are designed to enhance community participation, skill development, and decision-making skills. Activities include social outings to restaurants, theatres, sporting events, and more. offer specialized Summer Camps for youth and teens. Reasonable accommodations are based on each individual's abilities and needs. Inclusion is the opportunity for participation in recreation programs alongside individuals without disabilities. Inclusion services, such as interpreters, large print, auxiliary aids and/or companions, support individuals with disabilities to participate in programs and facilities in an inclusive environment, but the structure of the activity, group size, participant to staff ratio, and age range remain the same. Companions provide support, to individuals with disabilities, on an as needed basis. The goal of the companion is to assist in the inclusion of the individual into the program/camp/class. The emphasis is not to set the individual apart by giving special or unusual attention, but to create an atmosphere of friendship and positivity. Highly recommend requests are sent 2 to 3 weeks in advance.

Montgomery Cheetahs Hockey Club

David Lucia, Head Coach / Director

E-mail: headcoach@montgomerycheetahs.org

www.montgomerycheetahs.org

Ice hockey for children and teens with developmental disabilities, ages 5 through 18. The Cheetahs skate on Saturday mornings at Cabin John Ice Rink and are led by a dedicated group of volunteer coaches who combine hockey and social skills.

NFB-Newsline® - National Federation of the Blind

1-866-504-7300 (Toll Free)

E-mail: nfbnewsline@nfb.org

www.nfb.org/programs-services/nfb-newsline

Free audio news service for anyone who is blind, low-vision, or otherwise print-disabled that offers access to more than 500 publications, emergency weather alerts, job listings, and more. subscribers have access to: national newspapers, including the Wall Street Journal and USA Today; breaking news sources, including CNN, BBC, and ESPN Online; international newspapers, including Financial Times and Vancouver Sun; magazines, including Family Circle, Time, Consumer Reports, Guideposts, and Smithsonian; State newspapers; emergency weather alerts and seven-day forecasts localized to your zip code or GPS location; information that scrolls along the bottom of your television screen during emergency alerts; more than 100,000 job listings from two national job sources; TV listings localized to your zip code and provider; retail ads; and NFB's national channel, including the ebook Building the Lives We Want, the Braille Monitor, Future Reflections, and presidential releases. Access NFB-Newsline via phone, Amazon Alexa, iOS Mobile App, website, e-mail, and portable players including digital talking book players and the Victor Reader Stream 2nd generation.

Potomac Community Resources, Inc. (PCR)

9200 Kentsdale Drive

Potomac, MD 20854

301-365-0561 (V)

www.pcr-inc.org

Non-profit organization serving teens and adults with developmental disabilities and their caregivers. Provides social, recreational, therapeutic and educational programs, as well as ongoing groups for parents and other caregivers. Programs include respite care, speech/communication skills, music enjoyment, chorus, exercise and movement, wheelchair dancing, yoga, art, photography, a monthly social club, and special events including dances and barbecues. Registration required.

Quadriciser

1-865-689-5003 (Toll Free)

www.quadriciser.com

Robotic rehabilitation therapy system. Moves all four extremities through a smooth and functional range of motion, allowing multiple joints to be worked on all at the same time.

Rolling Knights Wheelchair Basketball Team

Kimball Gray, Vice President, SCI Network

E-mail: KimballG@ecny.org

www.spinalcordinjury.net/wheelchair-basketball-team

Co-sponsored by Adventist Rehabilitation Hospital of Maryland and the Spinal Cord Injury Network of Greater Washington, DC. You do not need a spinal cord injury to play.

Sitar Arts Center

1700 Kalorama Road, NW, Suite 101
Washington, D.C. 20009
202-797-2145 (V)

www.sitarartscenter.org

Foster development of musical and artistic skills. Offer classes in music, dance, writing, visual arts, drama and multimedia.

Special Olympics Montgomery County

Shelly Bogasky, Director

P.O. Box 1809

Rockville, MD 20850

E-mail: director@somdmontgomery.org

www.somdmontgomery.org

Provides a year-round training and competitive sports program for Montgomery County children and adults with intellectual disabilities and/or closely related developmental disabilities. The county provides training and competitions in 23 sports and leadership programs. Eligible athletes are all children and adults, at least eight years old, with intellectual disabilities, a cognitive delay, or a closely related developmental disability. Eligible athletes have functional limitations in both general learning and in adaptive skills. Children under the age of 8 years old may participate in YAP (Young Athletes Programs) designed specifically to meet the needs of pre-school age and early elementary age children with intellectual disabilities and focuses on an introduction to sports rather than on training and competition in specific sports.

S.P.I.R.I.T. Club

Jared Ciner, Director/Founder, CPT

10417-B Metropolitan Avenue

Kensington, MD 20895

303-883-4364 (V)

E-mail: jciner@spirit-club.com

www.spirit-club.com

Offer a universal design for fitness that empowers people of all abilities to exercise successfully in a socially integrated setting. SPIRIT Club provides supportive and accommodating fitness programs that aim to increase the health & wellness of people of ALL abilities, including people with physical, developmental & psychological differences. provides scholarships to people with disabilities of low-income seeking participation in SPIRIT Club programs and other health & fitness opportunities in the community.

Sports Plus

P.O. Box 83274

Gaithersburg, MD 20883

301-452-3781 (V)

E-mail: sportsplus@comcast.net

www.playsportsplus.org

Non-profit organization that offers year-round, uniquely structured, co-ed sports and swimming programs for verbal children able to follow multi-step directions between the ages of 5 and 17 with mild to moderate autistic spectrum disorders, ADD/ADHD and other developmental disabilities. Mainstream sports programs and adaptive sports programs. Indoor and outdoor programs.

TheraFit Rehab®

Westminster Gym

511 Jermor Lane, Suite 102

Westminster, MD 21157

410-871-2494 (V)

Timonium Gym

61 East Padonia Road, Suite E

Timonium, MD 21093

410-415-1992 (V)

E-mail: info@therafitrehab.com

www.therafitrehab.com

Non-profit fitness center and physical therapy for persons with disabilities. Provides assisted access to a motorized, full body P/A therapy system called the Quadriciser that has been specially adapted for individuals with physical limitations. Activity-based rehabilitation and fitness programs for children, adults and seniors with disabilities. Now offering a pediatric neuro program. Fully accessible and adaptive equipment. One-on-one fitness trainers. Accept Medicare, Medicaid, and most other private insurance carriers.

Therapeutic & Recreational Riding Center

3750 Shady Lane

Glenwood, MD 21738

410-489-5100 (V)

E-mail: info@trrcmd.org

www.trrcmd.org

Provide both physical and occupational therapy on horseback, treating a range of physical, cognitive, and emotional disabilities including cerebral palsy, spina bifida, muscular dystrophy, post-traumatic brain injury, autism, ADHD, and cognitive disorders. It also provides recreational riding opportunities for clients, with and without disabilities.

U Can Do Inc.

1-866-822-6362 (Toll Free)

E-mail: sales@ucandocentral.com

www.ucandocentral.com

Custom designed arcade pinball machines that can be played by anyone with or without disabilities. Motion sensor compatible.

United States Association of Blind Athletes

Mark Lucas, Executive Director
719-866-3224 (V)
E-mail: mlucas@usaba.org
www.usaba.org

Provide life-enriching sports opportunities for individual who are blind or have a visual impairment. Provide athlete and coach identification and support, program and event management, and national and international representation. Sports Camps include cycling, goalball, judo, powerlifting, skiing, swimming, tenpin bowling, wrestling, 5-A-Side football, gymnastics, showdown, sailing, rowing, equestrian, biathlon and archery.

YMCA of Metropolitan Washington

9401 Old Georgetown Road
Bethesda, MD 20814
301-530-3725 (V)
E-mail: bethesdaemail@ymcadc.org
www.ymcadc.org/programs/for_youth_development/adaptive-aquatics/adaptive-swim/

Offers a Saturday morning adaptive swim program for children and adults with developmental or physical disabilities. There is no fee and membership is not required, but registration is necessary due to space limitations.

Upcounty Community Resources

P.O. Box 2982
Germantown, MD 20875
240-614-0444 (V)
E-mail: ucrdirector@gmail.com
www.ucresources.org

Private, non-profit that offers innovative programs, events, and social opportunities for members of the community with developmental and intellectual differences. Weekend enrichment / respite program features vocational training held one Sunday per month. Respite Hours and DDA funding accepted for this program. Therapeutic programs incorporate drawing, painting, collage, sculpture and crafts, and singing, playing, moving and creating music. Community inclusion programs include a walking workout club, rock band jam nights, and a social skills night out for young adult males with Autism. Social activities include community outings, sporting events, dances, bingo night, and more.

VisArts

155 Gibbs Street, Suite 300
Rockville, MD 20850
301-315-8200 (V)
www.visartscenter.org

Provide visual art education and experiences for children starting at age 5. Goals are to promote creativity and to have fun. Students should be able to work with minimal assistance, or be accompanied by an adult who can provide help. Financial assistance available to artists with disabilities and students.

VSA Arts

John F. Kennedy Center for the Performing Arts
2700 F Street, NW
Washington, DC 20566
E-mail: vsainfo@kennedy-center.org
www.kennedy-center.org

International, non-profit organization where all people with disabilities learn through, participate in and enjoy the arts. From pre-K through 12th grade and beyond.